



Good morning

Ding ding ding

Bababa

Papapa papapa
papa

Papapa papapa
papa

Bababa

Ding ding
ding

GAME OF SCANLATION

ABSTRACT: The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years old, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 12-week training program or a control group. The training program consisted of three sessions per week, each lasting 30 minutes, at a heart rate of 150 beats per minute. The control group did not exercise. The HR and HRR were measured at rest and during exercise at the beginning and end of the 12-week period. The results showed that the training program significantly increased the HR and HRR of the subjects. The HR increased from 72 to 78 beats per minute, and the HRR increased from 28 to 34 beats per minute. The control group showed no significant change in HR or HRR. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.



100

100



SORA~ GET UP
AND EAT~!!

Good morning

YESS.....

WHAT COMES
AFTER THE WORLD
OF DREAMS IS
ONCE AGAIN

REALITY.

여리자
리자

글 그림 - 김세은



NORMALLY IT'S LIKE
ANY OTHER SKYSCRAPER
BUILDINGS

BUT IN A PLACE
WHERE THEY CAN'T SEE,

DOWN BELOW LIES...



THE DARK WORLD
OF LUCID ADVENTURE,
THE UNDERGROUND
WORKING FACILITY!

101

102

103

B13F

100



THE LOWEST
FLOOR, 101F

THE LAST ROOM
"MELBY'S ROOM"



AH~ I'M HUNGRY.

WHAT'S ON THE MENU TODAY.

MAN FLICK!

IT'S
CRACKERS AND
TUNA AGAIN?!

HOW THE HELL AM I
SUPPOSED TO WORK
WITH THESE?!

EY! STRESS
RELIEF!





—

CURRENTLY
TRANSFERRING.



LMWAA~ I
OVERSLEPT...



ALL THE SEATS
ARE TAKEN...

I OVERSLEPT
YESTERDAY BUT
LAST NIGHT



I FINALLY
GOT A PARTY
TOO!

BUT THAT ASIDE, IT
REALLY IS POPULAR
ISN'T IT.



EVERY
ONE



IS LOOKING UP
LUCID ADVENTURE
RIGHT NOW.

THIS STATION IS FOUR WAY STREET
AT SMILE TOWER, THIS IS THE FOUR
WAY STREET AT SMILE TOWER.

I SHOULD
GET OFF!

HEY, DID YOU
HEAR THE NEWS?

I HEARD THE ONE RANKED
NRI, HCLW GOT OWNED.

KENKKE YOU REALLY
GET YOUR NEWS LATE
DON'T YOU—

SH? YOU ALREADY
KNEW?

THE VIRTUAL
REALITY GAME
"LUCID ADVENTURE "

ALLOWS THE PLAYER TO
PLAY WHILE 'DREAMING'

AND BECAUSE OF ITS
INFINITE FREEDOM, IT'S
CALLED THE 2ND WORLD



AND GENDERS TOSSED
ASIDE, THE ENTIRE COUN-
TRY IS RAVING ABOUT
THE GAME!

UNNI, I'M
HERE!

YOU'RE HERE
JUST ON TIME
SORA~



NOW!

SHALL I START?



BECAUSE THE GAME'S
POPULARITY AFFECTS
EVEN THE REAL LIFE



THE RANKERS INSIDE THE GAME
ARE TREATED JUST LIKE IDOLS AND
THEY OFTEN APPEAR IN MULTIPLE
ADVERTISEMENTS, SO THEY'RE
VERY POPULAR.

NOT ONLY THAT, THERE ARE MORE JOBS INCREASING DEPENDING ON HOW CAPABLE YOU ARE IN THE GAME.

IT'S 8900 WON.

HEY, I'LL PAY CARRY ME IN LUCID PLG!!

OKAY CALL~

I'M GOING HOME~

ALRIGHT SORA, GREAT JOB TODAY~



AH...

THERE WAS TONS OF RUDE CUSTOMERS TODAY.





WHAT A STRANGE
OCCURANCE YOUNG
MASTER.

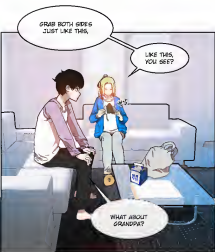
WHAT MADE YOU
WANT TO EAT A
CONVENIENCE
STORE MEAL....

냉면

I BOUGHT THIS IN
SECRECY FROM FATHER SO
THE TRASH SHOULD BE...

I'M HUNGRY.

HAVE YOU EVER
EATEN IT BEFORE?





AT THE
HOSPITAL HE'S

STILL IN COMA...

AND IN THE OTHER
WORLD HE'S CURRENTLY
MISSING. EVERYONE IN
GIGA IS LOOKING FOR
HIM TOO.

WHAT ABOUT YOU
YOUNG MASTER, HOW
ARE YOU?



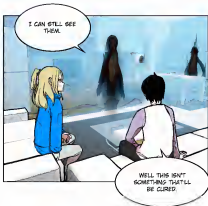
ABOUT THE
SIGHT?

YUP.



I CAN STILL SEE
THEM.

WELL THIS ISN'T
SOMETHING THAT'LL
BE CURED.



IT'S MY CURSED FATE TO
BE ALWAYS HASSLED BY MY
UNCLE ETERNALLY.



1/4

Yeah...
Maybe instead-

10/13/14



of this world...
that world is...



KID, YOU'RE
HERE.

DARK, YOU'RE
HERE?

YUP.

Much more comforting.

YOU'RE HERE, BOSS.

BOSS!

HEARTHTTER WHAT MADE YOU CALL ME IN SUCH A HURRY?

LET'S GO IN FOR NOW.

NOW FIRST.

LET'S TAKE A LOOK AT THESE.

THESE ARE THE ITEMS THAT YOU REQUESTED FOR BEFORE LOGGING OUT.



THE REAL REASON
WHY I REQUESTED
YOU OVER TODAY IS



IT'S AN "S GRADE SECRET
QUEST" FROM A CERTAIN
SOMEONE.

